

1.

Sit quietly in a comfortable position.

2.

Allow your eyes to close.

3.

Think about each muscle, beginning at your feet and

progressing up to your face.

Deeply relax all your muscles.

Keep them relaxed.

4.

Breathe through your nose.

Become aware of your breathing.

As you breathe out, say the word, "ONE",

silently to yourself. For example,

breathe IN ... OUT, "ONE",- IN .. OUT, "ONE", etc.

Breathe easily and naturally.

5.

Continue for 10 to 20 minutes.

You may open your eyes to check the time, but do not use an alarm.

When you finish, sit quietly for several minutes,

at first with your eyes closed and later with your eyes opened.

Do not stand up for a few minutes..

6.

Do not worry about whether you are successful

in achieving a deep level of relaxation.

Maintain a passive attitude and permit relaxation to occur at its own pace.

When distracting thoughts occur;

try to ignore them by not dwelling upon them

and return to repeating "ONE."

With practice, the response should come with little effort.

practice the technique once or twice daily,

but not within two hours of a meal,

since the digestive processes seem to interfere with

the elicitation of the Relaxation Response.

- The Relaxation Response, Herbert Benson, M.D.